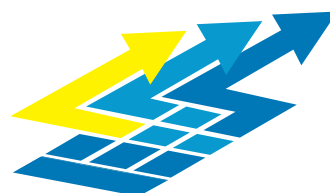


On Your Own... Ways to Prepare for Employment

Have you decided you want to go to work and have a real job for real pay? If so, there are many things you can do to be part of your job search. Review the checklist below and get started!

- ☐ **Check out the Consumer Corner on the DDS website and click on employment.** Here you will find helpful information including job resources and the DDS Employment Idol Videos showing DDS consumers in real jobs for real pay. *Consumer Corner:* www.dds.ct.gov/consumercorner/site/default.asp?ddsNav=/
- ☐ **Talk to a DDS Self-Advocate Coordinator** to find out more about getting a job and the DDS services to help you. *Self Advocate Coordinators:* www.ct.gov/dds/cwp/view.asp?a=2050&q=332652
- ☐ **Meet with your DDS Case Manager.** Tell them about the kind of job you want and ask any questions you may have about DDS employment services. They can also support you to talk to your provider about finding a job.
- ☐ **List your work experience, volunteer experience and paid job history.** Share with your support team all the experiences you have had and any information on what you liked and what you did not like. List all your skills and strengths. Bring a resume and any letters of recommendation that you have. You can also ask for help to create a video resume of your work experiences to show potential employers your skills.
- ☐ **Take the *Partners in Policymaking* Employment Course.** This is a free online self-study course to give you the practical skills needed to find a real job. www.partnersinpolicymaking.com/employment/index.html
- ☐ **Explore jobs you are interested in.** Visit job sites and observe employees. Do some volunteer work in your areas of interest.
- ☐ **Network. Start a list of personal and community contacts for jobs.** Most of us obtain jobs through people we know in our community and our personal lives. Tell people you know that you are interested in working. Think of relatives, friends and where they work as well as places you often visit. Be prepared to discuss ideas you may have about jobs to see if they can help.
- ☐ **Take a course on “soft skills” to build interpersonal skills needed for job success.** The Epic 2 curriculum will be available in 2012 at www.connect-ability.com.
- ☐ **Join organizations that promote employment.** APSE is one such organization that offers training and job leads through partnerships like GettingHired.com. www.gettinghired.com/apse/



DDS Employment First Initiative
Real Work for Real Pay